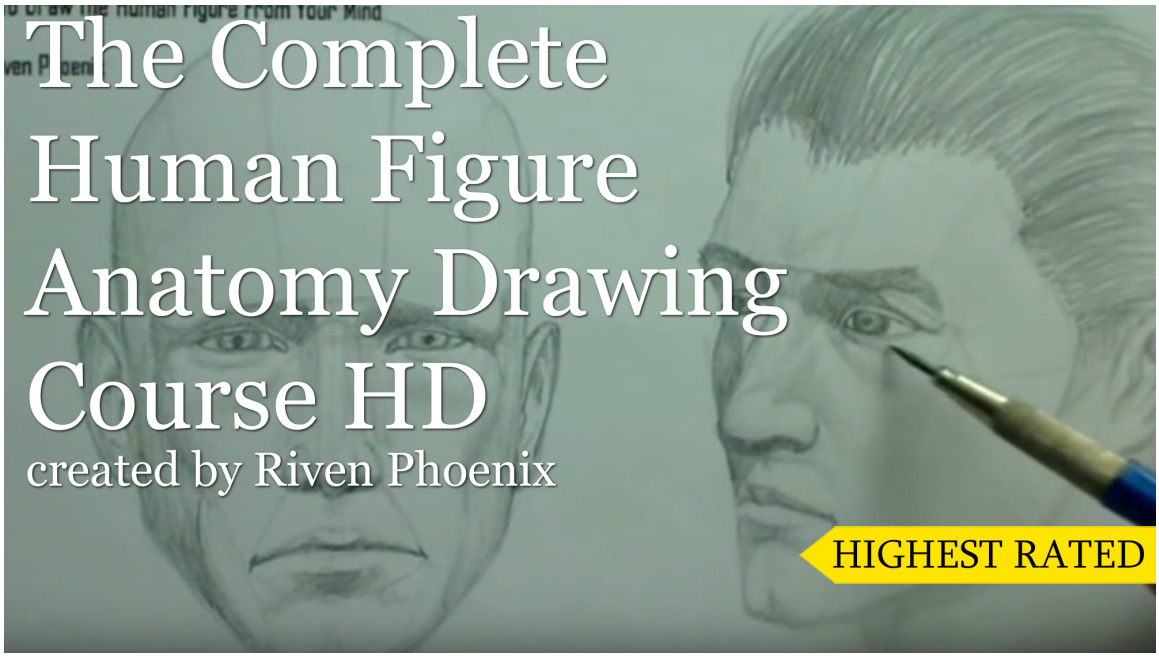


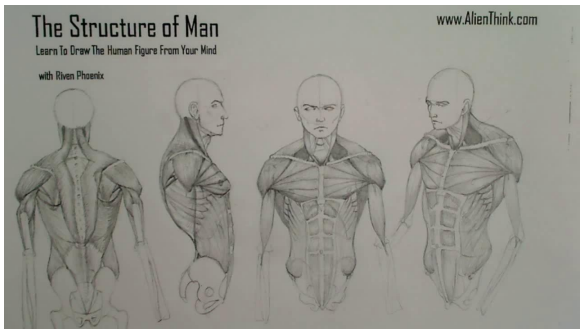
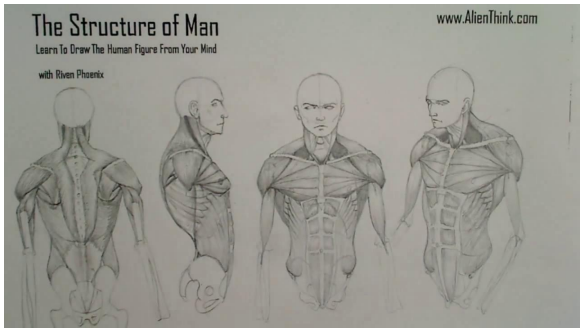
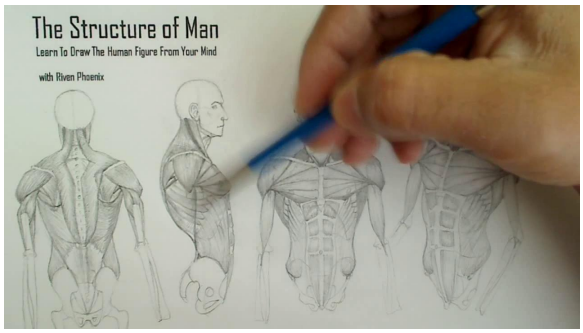
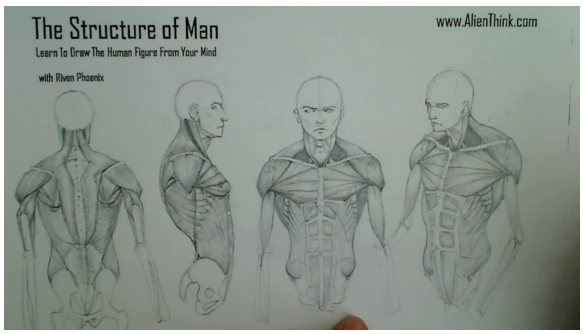
The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

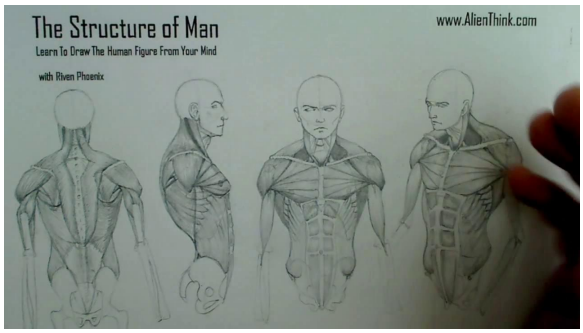
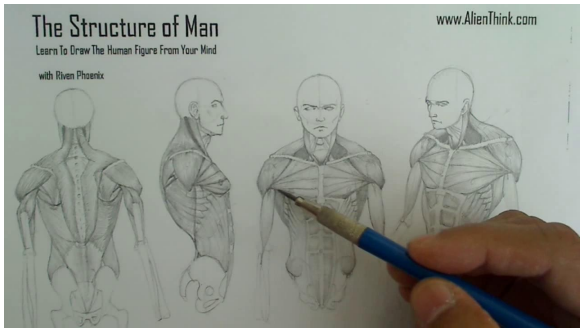
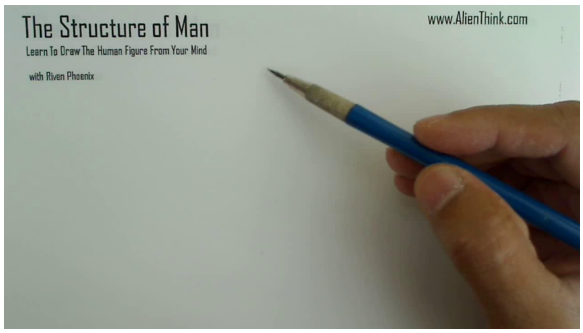
www.alienthink.com

Figure Drawing Lesson 132 - The Muscles of The Torso - Part 13

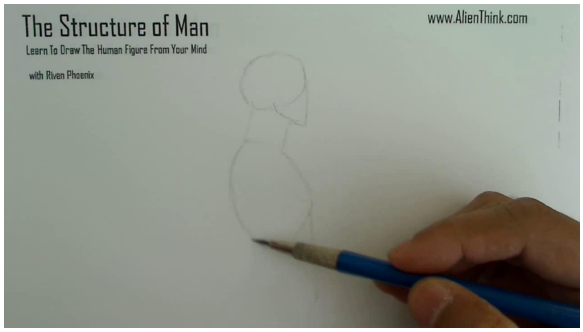
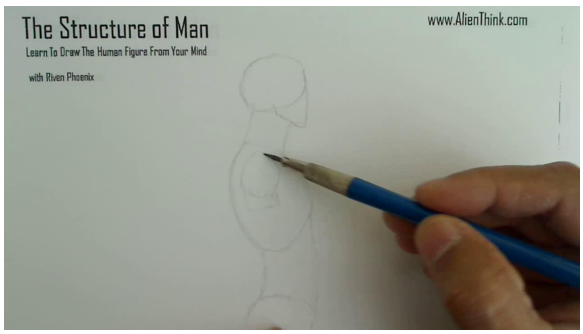
2026 Riven Phoenix and AlienThink.com

1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the human figure from your mind training course.
2		Okay, so in the previous lesson we've now, we can now say here that we've really imprinted in the mind the understanding of the muscles of the torso right for the front and back and all the exercises that we did.
3		Really confirmed it was a process that we went through to confirm that we were understanding made sense right so.
4		What we want to do is now go through.

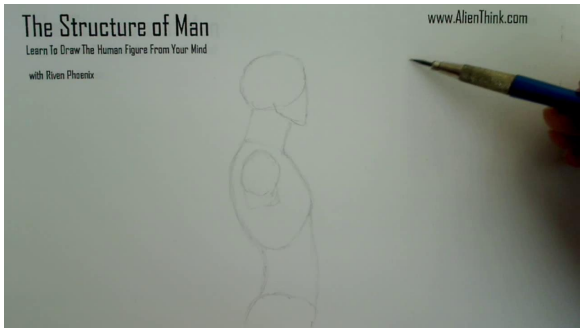
2026 Riven Phoenix and AlienThink.com

5		Another set of exercises and this is where we need to understand the idea of being able to put the muscles down using our mannequin system but we also need to understand this crucial area over here.
6		See how this peck muscle connects over here and the bicep and the shoulder and over here right we need to basically unlock the mystery over here so we are going to really help the mind become much more familiar with that idea right so here we're going to go through several exercises right so to do this what we're going to do is we need to draw our three different figures here right so we'll.
7		Let's start by drawing out the first figure so here what we're going to do is now this is where you now can just start to trust your mind and here let's say if we draw out let's say this basic shape right i'm going to draw out this basic shape like this and then say that this is how I want the human head to be right so here.
8		I'm going to just draw it out like this so everything else should now be pretty simple you just know that okay well i'm going to do kind of like the neck like this and I know that i'm going to get like the chest cavity right and then from here we can just create the idea for the chest cavity just going like this using our toolkit right so the thing is that the what you need to.

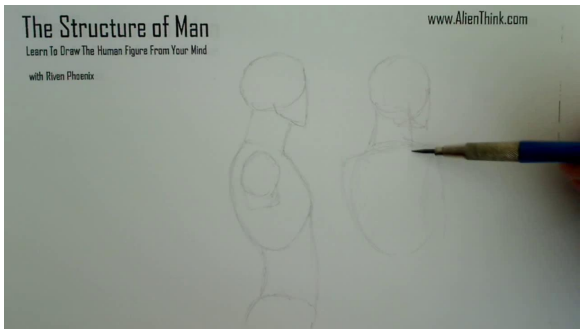
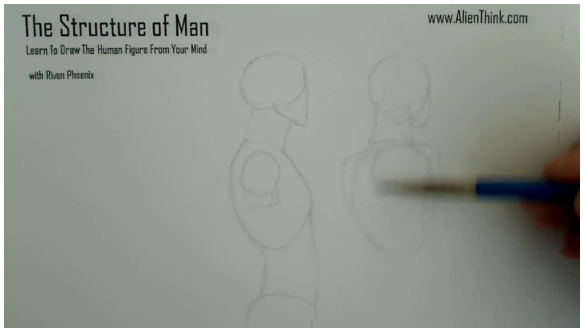
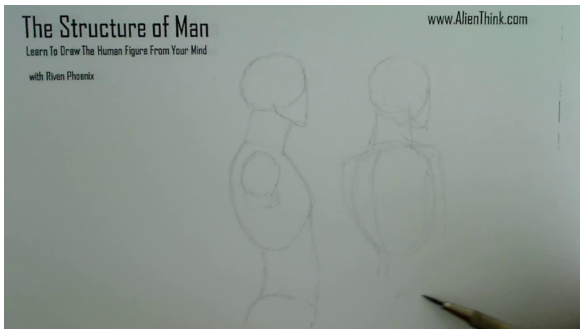
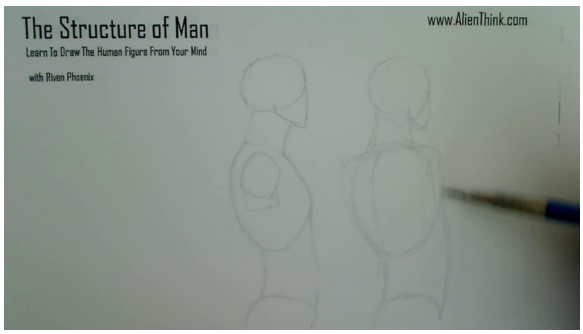
2026 Riven Phoenix and AlienThink.com

9		Really get what we want the mind to really get from this lesson is that we really don't have to measure anything out which the we need to let the mind really become comfortable with this concept of being able to draw it out and trusting itself to the idea of proportions right so here i'm going to do the same concept here.
10		Like this and here i'm just going to attach the back over here okay and then here we'll just get the idea down here i'm not going to have enough space to go down but that doesn't matter as long as we can see this area over here right so here we're just trusting the mind showing that right get used to the idea of trusting.
11		It's own ability to be approximate with the proportions right and that is the key to this using the system right and this is where we'll get more comfortable with that idea so here i'm just going to draw out that let's say that ball shape over here and for the arm we really don't want to draw out the arm all the way we just want to draw let's say like half of it over here.
12		Right because we just want to understand the mapping system for these drawings over here.

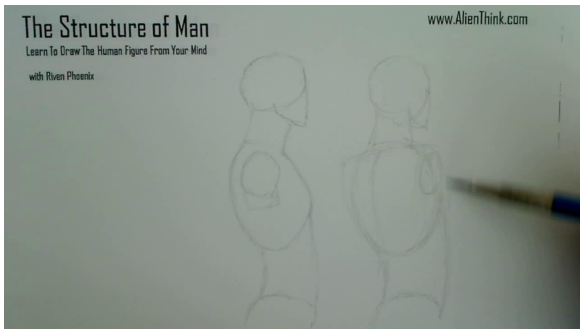
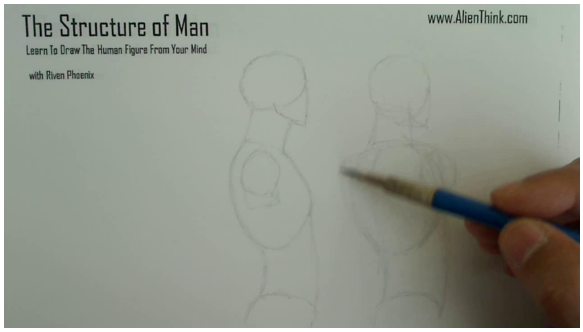
2026 Riven Phoenix and AlienThink.com

13		So let's get let's say that this is the first drawing here we were able to get this out now let's do it right we know that we're going to get a successful drawing right because as long as you get the proportions here and use basic shapes you know it's a very simple concept so let's say that.
14		Over here what we'll do is we'll draw out the head over here let's say i'm going to draw the head over here and here i want to do the head going in this direction over here right so here we're going to just think about everything in 3d and just say that okay this is going to be the head going in this direction and here i'm going to basically do the idea for.
15		The mannequin in this way right so here is now we can like start to put things a little bit on the angle we'll say that okay but what i really want to do is really.
16		Kind of like put this on the put this like on this angle and here i can just draw some shapes here right just to confirm that idea that this is hobby wanted to go and then from here we can just do like this round shape for the for the chest cavity.

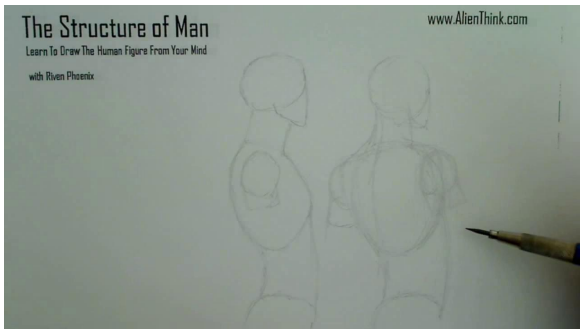
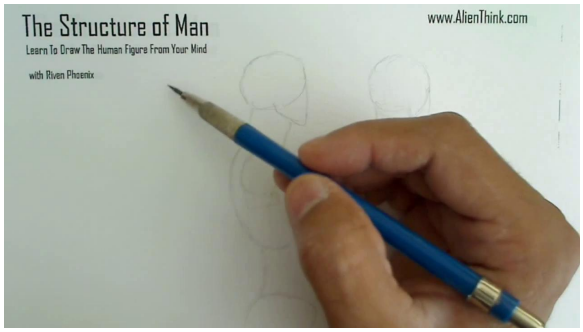
2026 Riven Phoenix and AlienThink.com

17		Right you don't have to try to solve things in angles just using the ball shape right we can use really anything that we want we can just create these inventions these ideas on the fly to get the mind to start to understand this concept.
18		Okay so here like would be the center line for my back on this figure right so once we get like an idea like this we're like okay well what we want to do is really just keep it.
19		Kind of like almost the same over here so this is going to be like the bottom over here so i just need to understand that i'm just going to have like a figure that's going in this direction and it's just going to want to connect right we just need to get the idea down that.
20		Right i want the figure to be going in in this direction right in this much more of like let's say this odd angle that we're coming up with right so we know that right we're going to get like the.

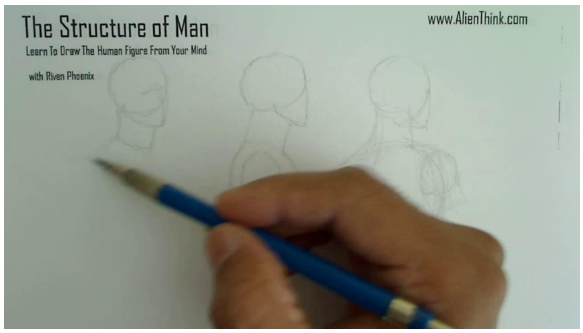
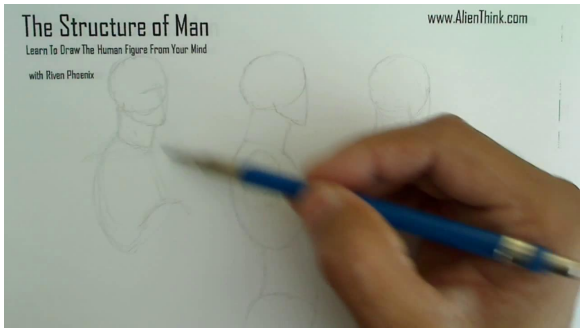
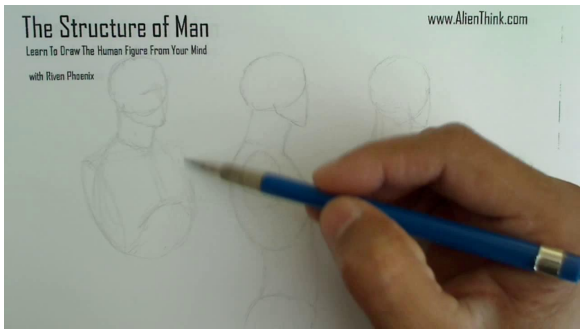
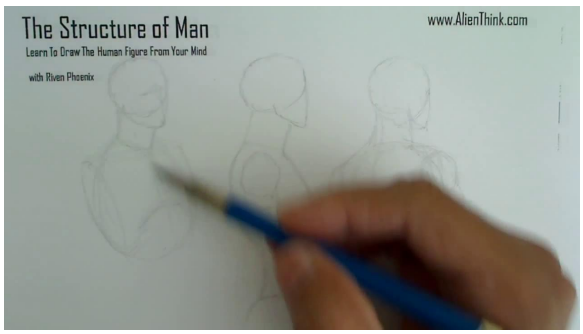
2026 Riven Phoenix and AlienThink.com

21		Like the like the chest cavity with it we just have to be much more artistic about this these ideas here so here i'm just going to put down like this round round ball here for the arm and.
22		On this side over here i'll do the like the same thing do the idea here for the arm over here and just say that okay well i want like a little bit of the arm showing like this we just do.
23		Just do this a little bit of it and here i'm just going to pull this out because we just want to understand this connection system over here right because we really haven't gotten into the arms and this just shows you.
24		In in the idea of researching and training the brain we can do it with with a lot of muscles right we just want to understand how the connection system works we can do.

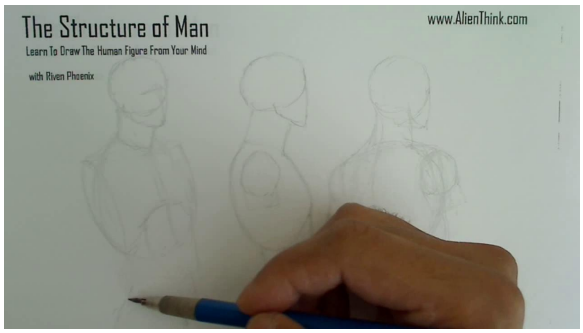
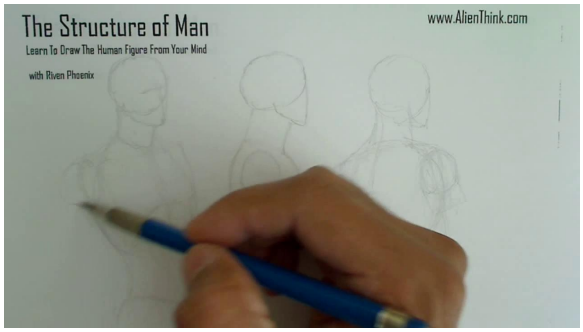
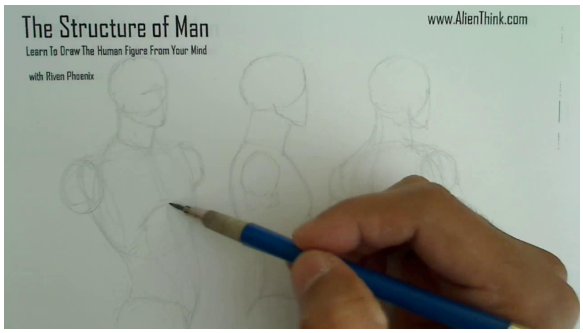
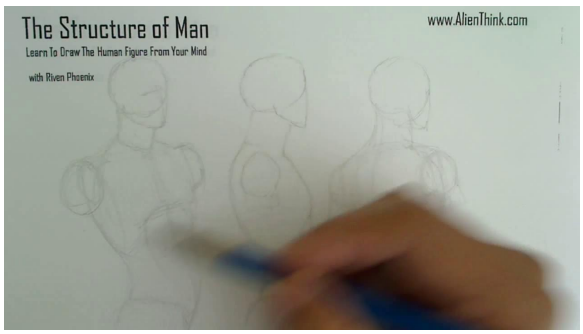
2026 Riven Phoenix and AlienThink.com

25		A way with the rest of the arm muscles and really just understand this parts so we can get comfortable with that idea so we're going to clean up this drawing obviously.
26		Here i'm just going to lay out say another drawing here i'm just going to locate it quick glance and say that okay well i'm going to come a little bit over here and for this one what i want to do is really just draw out.
27		Like this ball ship over here and let's say this the head for this is going to be going in this direction right so here i'm going to get like my jaw over here like this so for this right we've already been through the neck connection so we can really just.
28		Really fiddle with some of the ideas here and say that okay well this is how i want to do this over here.

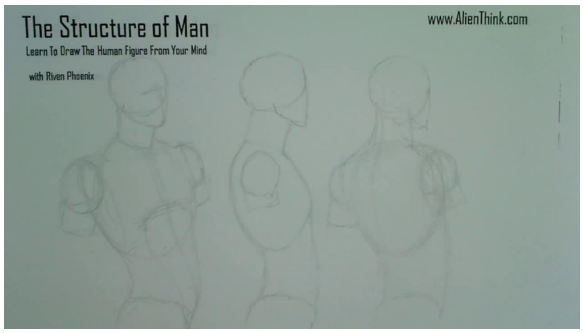
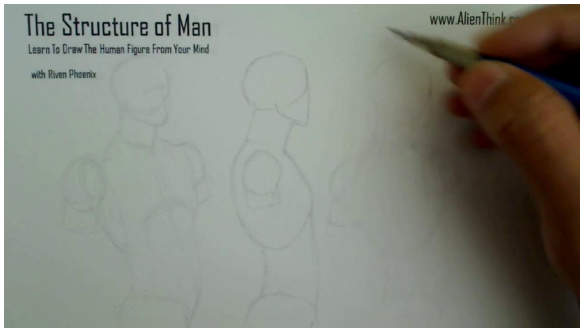
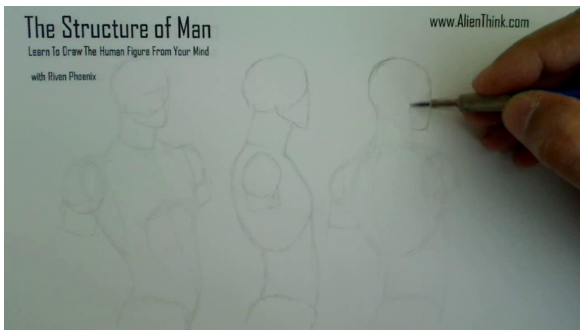
2026 Riven Phoenix and AlienThink.com

29		Again i want to do this kind of like on an angle like this right so once i get that i can do like a line like this and start to kind of like if you need to understand the concept of it and then again just do start creating the idea for the chest cavity like this.
30		Right just at least get the basic idea down and then from here we can now just simply create our basic shape to what it should be.
31		Very very simple right and here we know that the ads are going to be here now the thing is that.
32		That we want to kind of like twist this guy right so here we do like a line here specifying that okay well i can kind of like twisted this way over here and what i want is really to be now i don't want to move really don't want to move the bottom over here i just want to see what happens if if we start to.

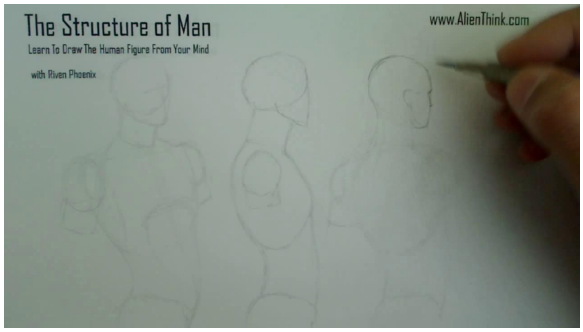
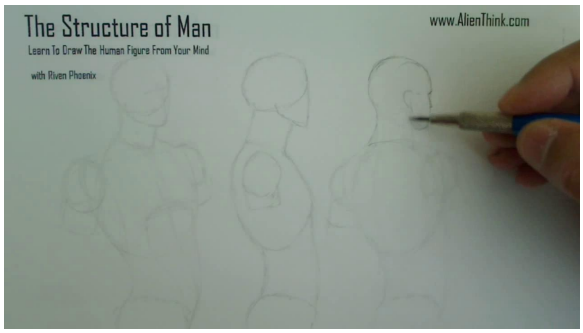
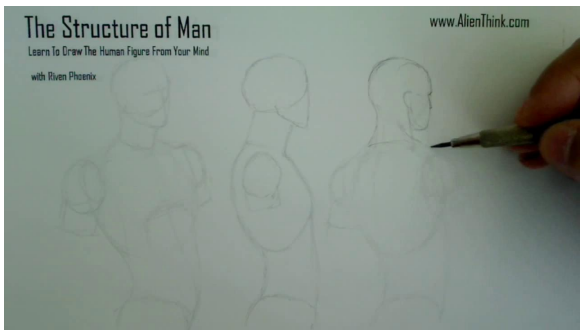
2026 Riven Phoenix and AlienThink.com

33		Do like these twisted ideas here right so this is going to help us to understand not only the connection but just becoming comfortable with what are all the cool things that we can do.
34		With the the mannequin system here i'm just going to plot out another ball over here right so just be loose with these ideas right so when you draw the ball.
35		Shape like this right what you want to do is just keep an idea of look how big it should be it's not going to be this big right but it has to be close to this like we've been talking about.
36		So here i'm going to get roughly that kind of an idea over here and here i'm just going to say that okay i'm just going to draw out like half of this over here and pretty much like half of this over here.

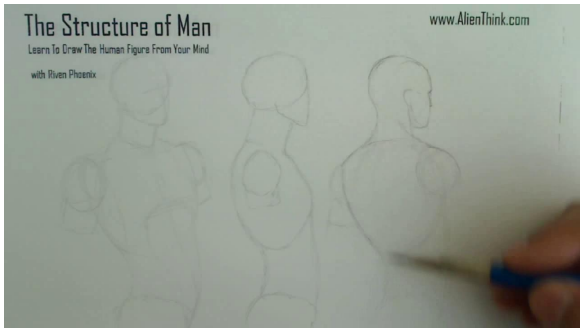
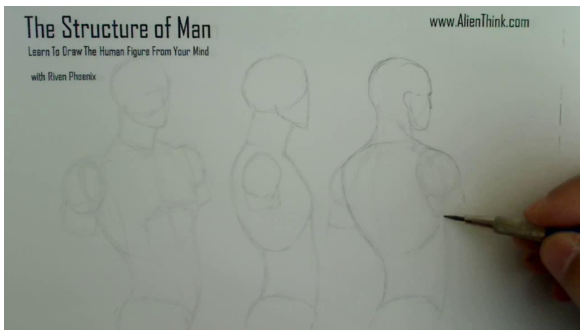
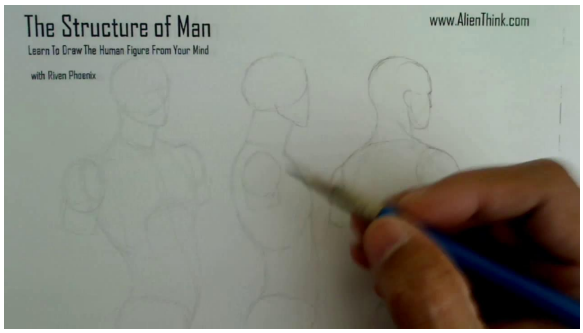
2026 Riven Phoenix and AlienThink.com

37		Okay so once we have those ideas here we can now just lightly clean up these concepts right go through our drawing process.
38		Right and now here we can start to just really put down these ideas so here i'm just going to make like this had a little more bigger over here.
39		And just going to come down like this way over here and this start to form this idea here for this guy like this.
40		And here's going to be his jaw so you know about the form that the form is definitely going to be going in over here and i'm going to get like the ears around here right so because my center line really is just going to be in this way so i know i'm going to get like a cut over here and then it's going to go this way.

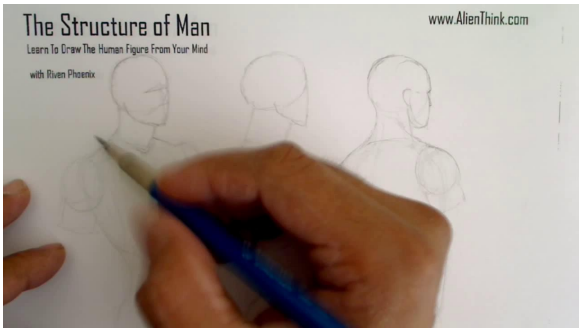
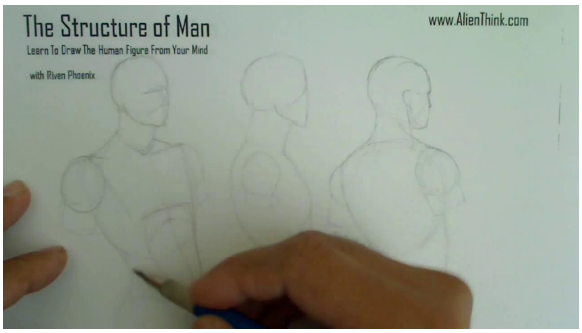
2026 Riven Phoenix and AlienThink.com

41		Right so pretty much see like a little bit of this nose on this end.
42		Right so this you can see now that how we're able to take this information and really become just more loose with these ideas right.
43		And that's what we want so we know that right that really that muscle is going to be coming like this so we know that the neck muscles going to go down and this is where we can now start to just use.
44		Some of those ideas and in start to say that okay well you know you can just start putting like this idea over here like this.

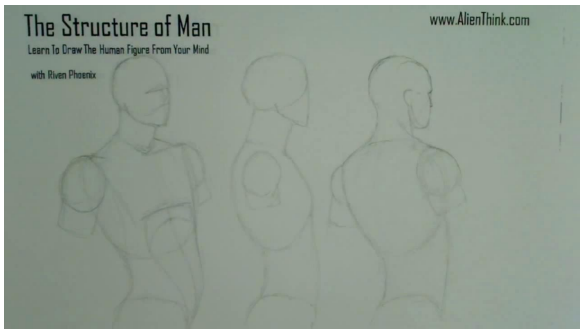
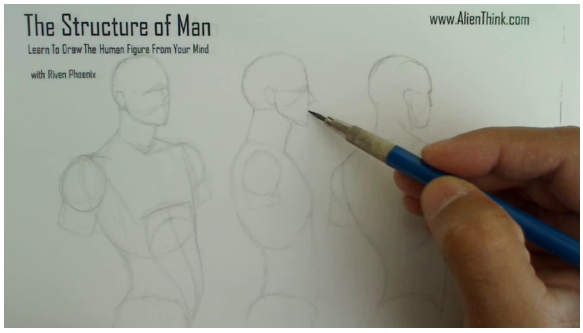
2026 Riven Phoenix and AlienThink.com

45		Okay so over here i'm going to do add this idea like this over here for my mannequin over here.
46		Okay so again just because i put the lines doesn't mean that i have to follow that right i can actually bulk up some of these concepts much more later on so over here i'm just going to draw this out like this over here right so when i come to this section over here i'm just going to do like this idea over here so i know right this is where you just want to see that okay this is where really the front is and now it's kind of like twisting.
47		Over here like that right so we twisted this guy this way and we want to twist this guy the other way over here.
48		Okay so for this we're just going to quickly clean this up just make the head like this over here and then when i come down like this i know that okay i got the line over here for this guy right so it's just going to be the same template system just knowing that over here.

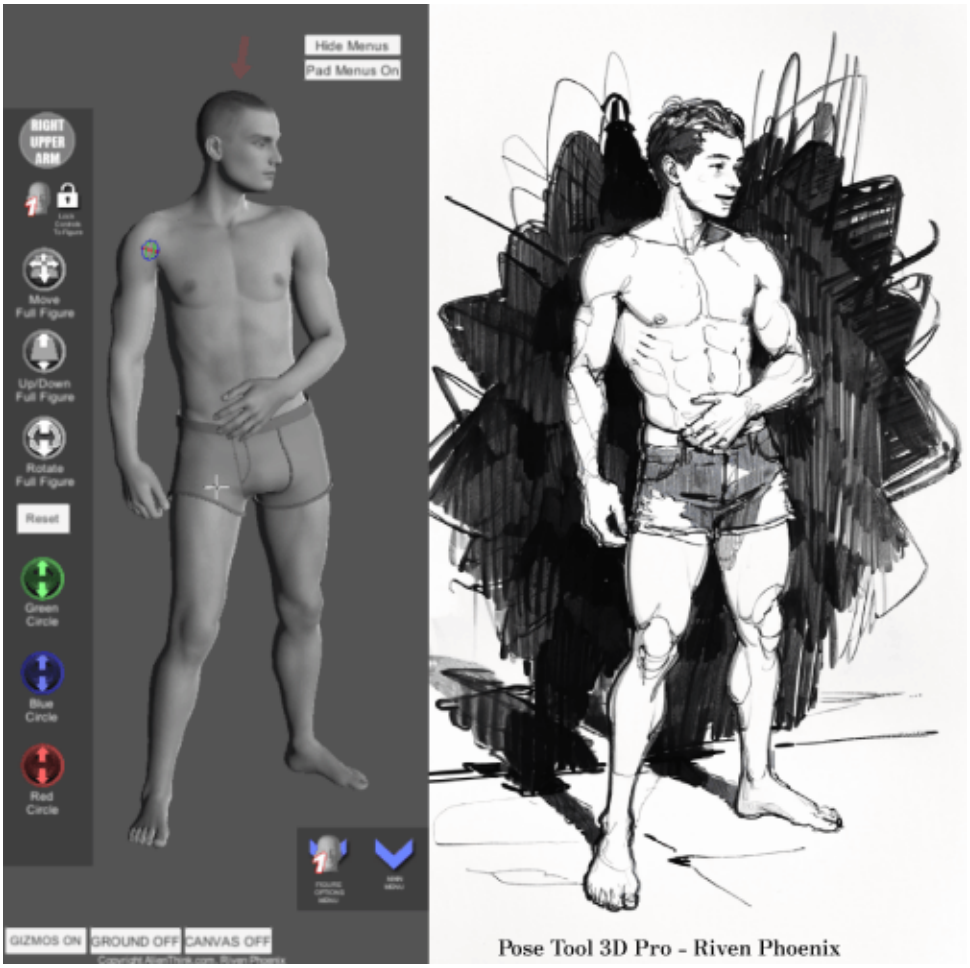
2026 Riven Phoenix and AlienThink.com

49		Okay well i'm going to get roughly the nose over here so i can just use the template system start to draw this out right so we really want to look at not only the mapping system we're going to like try to start to understand some of the forms of the figure right how we need to really understand that stuff and he's going to be like the bottom of the neck.
50		Okay and then over here i'm going to do this idea over here like this and just make this ball into this shape so i know that right it's kind of like going to be going more in this direction right because the line for the chest cavity is going to be for the pet muscles is really going to be kind of more on an angle and it's just going to go this way over here right.
51		Right so i'm just going to get like this line like this and over here we already talked about this that we're going to give it like a kind of like a space right and it's just going to be like this we just need to understand it from this point of view right and then i'm just going to get this and here i'm trying to twist the idea here like start thinking about all the different things you can do right so this is the same thing just look this is the same.
52		Man it consistent that we've been working on over here and it's just going to go like this right so when we put the muscles on it's going to look a little more different right.

2026 Riven Phoenix and AlienThink.com

53		Okay so now what we want to do is we're going to start to now understand the forms first of the figure okay so in.
54		Over here i'm just going to correct some of these things over here a little bit right so here we can just get this ready for the next lesson over here and say that this is going to be where the ear is right so over here i know that okay the ear is just going to be here because i'm just looking at the top of the brow and looking at the bottom of the the nose okay and over here it's going to say that this is where the nose is going to be.
55		Right and this is where the mouth is going to be coming like this over here okay.
56		Okay so what we'll do in in the next lesson is we're going to now start to look at the forms so i'll see you in the next lesson next.

2026 Riven Phoenix and AlienThink.com



www.alienthink.com/pose-tool-3d/

2026 Riven Phoenix and AlienThink.com